



PEDAL SYSTEM

Abstract of the Disclosure

~~The invention relates to a~~ A pedal system for bicycles  
~~that comprises~~ includes a shoe insert, which can be fastened  
to the exterior of a shoe, ~~and provided with~~ having a detent  
element. The pedal system also ~~comprises~~ includes a pedal,  
which can be fastened to the bicycle, can rotate about an  
axis, and which has a seat for accommodating the detent  
element. ~~Said~~ The detent element can be locked counter to  
elastic force inside the seat and can be released therefrom by  
executing a rotating movement. The seat for the detent  
element is formed between two seat parts, which are  
rotationally symmetrical with regard to the pedal axis and  
which can be displaced away from one another counter to  
elastic force in the direction of the pedal axis.